



SAN DIEGO

TRACK AND FIELD

Legends

James King is an American Hurdler. In 1975 he won the Pan American Games in the 400 Hurdles. He was a top-level performer for many years competing in the US American Trials in 1972, 1976, 1980, and 1984. He was ranked in the Top 10 United States 400 meter hurdlers for ten consecutive years. He currently holds the Masters Athletics World Record in the 400 hurdles for Men 40+, which he has held for over 20 years. James is now the sprint coach at Cuyamaca College.

Mark Belger is a seven times IC4A champion and undefeated ten time Penn Relay Champion and eight times NCAA All American. Mark was the 1976 alternate USA Olympic team member in the 800 meters. In 1977 Mark Belger was USA 800 meter champion and has a mile personal best of 3:57. In 1977 Mark had the fastest 1200-meter time in the world of 2:48.8. Today, Mark is Senior Engineer working at SAIC supporting all DOD Hospitals worldwide with software updates.

Tim Seaman is as successful as any race walker in American history. Tim holds an astonishing 10 separate American records and his indoor 5K title in 2010 was his 43rd career national title. Tim is a five time American outdoor race walk record holder on the track and four-time American road race walk record holder. Tim Seaman is a two time 20K Olympian where he qualified for the 2000 and 2004 Olympics. Tim is the Men's Cross Country Coach at Cuyamaca College. He coaches top 2010 USATF Youth athlete of the year Trevor Barron and is married to Olympian race walker Rachel Lavelle.

Willie Banks was a member of the 1980, 1984 and 1988 US Olympic teams. He also participated on the 1983 and 1987 World Championship teams. On June 16, 1985 Willie set a world record in the triple jump of 58 feet 11.5 inches at the National Championships in Indianapolis that stood for over ten years. He finished second at the NCAA Championships in 1977 and 1978. In 1985 he won the Jesse Owens Award as the Outstanding Athlete in Track and Field. Willie will always be remembered as one of the most flamboyant athletes to compete in track and field. He is the originator of the now common hand clapping that takes place during many track and field events. Willie was inducted into the USA National Track and Field Hall of Fame in 1999. In 2008 Willie joined the newly reconstituted USATF Board of Directors.

Arnie Robinson, a native San Diegan, was one of the best long jumpers in US Track and Field history. He won six National AAU titles and two Olympic medals, climaxing his career by winning the gold at the 1976 Olympic Games. His leap of 27 feet 4 ³/₄ inches, was the fifth longest ever at the time. A Morse High School and Mesa College alumnus and graduate from San Diego State University, Robinson won the NCAA long jump championship in 1970 and a bronze medal in the 1972 Olympics. Arnie is a Professor of Health and Exercise Science at San Diego Mesa College.

Tonie Campbell, one of the most prolific track and field athletes in his specialty, the 110 meter high hurdles. For twelve years of his athletic career Tonie Campbell had an amazing 83% win ratio and is one of three men that were ranked amongst the top ten fastest hurdlers in the world for eleven consecutive years. Highlights of his athletic career boast three Olympic team berths (80, 84, 88), one Olympic medal, bronze in 1988, four national championship titles, three world titles and an Indoor American record. Tonie is the head track and field coach at Southwestern College.

Monique Henderson prepped at Morse High School in San Diego. She is the only 4-time 400 meters California State Champion in the state's history. At age 17, she set a US junior class national record at 50.74 in the 400 meters at the CIF California State Championships. In 2000, she became the first high school athlete to make the US Olympic track and field team since 1976. She was a member of the 4 X 400 squad. That year she was named the national Girl's "High School Athlete of the Year" by Track and Field News. After graduating from high school while at UCLA she was a 5 time Pac 10 champion and in 2005 she became the 2005 NCAA outdoor champion at 400 meters establishing a new NCAA record (50.10). At the 2004 and 2008 Olympics Henderson was part of the US team that finished first in the 4 X 400 relay. Monique has her own personal training business.

Joaquim Cruz is a former Brazilian athlete and Olympic Gold medalist for the 800 meters at the 1984 Los Angeles Olympics. His time of 1:43.00 broke the Olympic Record at the time. In 1988 Joaquim finished second in the 800 meters at the Seoul Olympics and received a silver medal. Joaquim Cruz is one of only a handful of people to win the 800/1500 meters double at the 1984 NCAA Track and

Field Championships. His personal best time of 1:41.77 was only four hundredths of a second off the world record at the time. Both in 1984 and 1985 Joaquim Cruz was ranked #1 in the world by Track and Field News. Joaquim also received a bronze medal in the 800 meters at the 1983 World Championships. Joaquim is a coach and works with the some of the best Para Olympians in the world.

Milena Glusac is a three time US National Champion and has over two decades of running and competitive experience. Her stellar career at Fallbrook High School was highlighted with five California State titles. From there she went on to the University of Oregon where she earned All-American status seven times. Her professional running career has been just as successful. In 2001 Milena won three US National Championship titles (20K, 25K and half marathon). She has personal best times of 1:11:34 for the half marathon and 2:31:13 for the marathon and has been a member of two US World Cross Country Championships. Milena was ranked as one of the top ten road racers in the world in 2001. Milena is the Account Executive for Vitalyte Sports Nutrition.

Meb Keflezighi finished second in the men's marathon, winning a silver medal at the 2004 Athens Olympics. This was the first medal won by an American man in Olympic marathon since Frank Shorter. He won the 2009 New York City Marathon in 2:09:15 and was the first American to win that marathon since 1982. On January 14, 2012, Meb Keflezighi won the U.S. Olympic Marathon Trials in Houston with a time of 2:09:08. He is the oldest winner of the Olympic Trials Marathon at age 36 and will be representing the United States in his third Olympics in London.

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Josh Cox, the American record holder in the 50K, is a four time US Olympic Trials qualifier and three time US National Team member. In 2011 Josh won the P.F. Chang's Rock N Roll Arizona marathon en route breaking his own 50K American Record and running the second fastest time in history. In 2009 & 2011, Cox's 50K was the fastest in the world. His other accomplishments include winning the 2007 Air Force marathon, the Rock N Roll marathon in Nashville and in 2010 won the Rock N Roll Las Vegas marathon. Josh is active as a speaker and writer and serves as a sports and social media consultant.

Wes Williams is a Lincoln High graduate and San Diego State Alumnus. He was one of the top hurdlers of the 1970s and has been coaching locally ever since. In his debut season for SDSU in 1969, Williams set the 400-meter hurdles school record and placed second at the NCAA Division I Championships with a time of 49.3 seconds, .1 seconds off the American record. He graduated from SDSU in 1970 following a third place finish at the National Championships, ending his Aztec career as a two-time conference champion and two-time NCAA All-American. Williams continued his career professionally, ranking in the top-10 in the world in the 400-meter hurdles from 1969 through 1977. He won the AAU Indoor National Championship in the 600-meter dash in 1973 and 1974, and he competed as a member of four USA national teams.

Williams has served as the Assistant Track & Field Coach for the Cougars since Athletics at CSUSM was founded, working with Head Coach Steve Scott to build CSUSM Track & Field into one of the top programs in the NAIA.

Marc Davis is a retired American Track and Field Athlete, who mainly competed in distance races like the men's 3000 meters steeplechase and 5000 meters. His personal bests are 13:32.58 in the 5000 meters set in 1989 and 8:14.26 in the steeplechase set in 1993. Davis first gained fame while running for San Diego High School (the same alma mater as American distance star Meb Keflezighi, winning the Foot Locker Cross Country Championships, the equivalent of national championships, on his home course before a national TV audience. Next Davis ran for the University of Arizona, winning the 1992 3000m Steeple Chase NCAA Men's Outdoor Track and Field Championships. At the USA Outdoor Track and Field Championships he won the 1993 steeplechase and in 1998 he won the 5000 meters. On the roads he won the 1997 National 5K Championship. At the 1996 Summer Olympics, Davis won his semi-final in the steeplechase, before finishing 12th in the final.

Thom Hunt ran the second fastest prep mile all time at 4:02.7. Thom Hunt holds the 7th fastest prep 10K all time at 29:46 and is the current record holder of the Arcadia two mile at 8:45.2. Thom is a 4-time NCAA Cross Country All American and is a three-time NCAA track and field All American. His Post-collegiate was just as impressive when in 1981 he broke the 10K Road American Record at 28:12 and won the 1986 Cherry Blossom 10 mile at 46:15. His personal bests include 3:57.8 in the mile, 13:26 in the 5000 meters, 27:59.1 in the 10K and 2:12.14 in the marathon. Thom also won the 1977 World Junior Cross Country Championships. Thom is a

photography teacher at Patrick Henry High School and head men's cross country coach at Mesa College.

Steve Scott has run a World Record 136 Sub-4 Minute miles and 8 Sub-3:50 miles in his hall of fame career. Scott is a three time Olympian in the 1500 meters (80, 84, 88), where his best finish was fifth in 1988. Steve Scott held the American Mile Record for 25 years at 3:47.69 and was ranked #1 United States 1500 meter runner in 1977 through 1988. Steve was also ranked in the top 10 in the world for 1500 meters, 11 times. Steve is the head track and field and cross country coach at Cal State San Marcos.